

Pupusas Revueltas

Makes: 12 servings

Ingredients

- 16 ounces** chicken breast, ground
- 1 tablespoon** vegetable oil
- 1/2 pound** cheese, low-fat mozzarella, grated
- 1/2** onion (small, finely diced)
- 1** garlic clove (minced)
- 1** green pepper (medium, seeded and minced)
- 1** tomato (small, finely chopped)
- 1/2 teaspoon** salt
- 5 cups** masa harina (corn flour, instant)
- 6 cups** water

Directions

1. In a non-stick skillet over low heat, sauté chicken in oil until chicken turns white. Constantly stir the chicken to keep it from sticking.
2. Add onion, garlic, green pepper, and tomato. Cook until chicken mixture is cooked through. Remove skillet from stove and let mixture cool in the refrigerator.
3. While the chicken mixture is cooling, place the flour in a large mixing bowl and stir in enough water to make a stiff tortilla-like dough.

Nutrition Information

Nutrients	Amount
Calories	280
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	35 mg
Sodium	240 mg
Total Carbohydrate	37 g
Dietary Fiber	4 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	16 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

4. When the chicken mixture has cooled, mix in the cheese.

5. Divide the dough into 24 portions. With your hands, roll the dough into balls and flatten each ball into a 1/2 inch thick circle. Put a spoonful of the chicken mixture in the middle of each circle of dough and bring the edges to the center. Flatten the ball of dough again until it is 1/2 inch thick.

6. In a very hot, iron skillet, cook the pupusas on each side until golden brown.

7. Serve hot.

Source: National Heart, Lung and Blood Institute (NHLBI), Delicious Heart Healthy Latino Recipes/Platillos latinos sabrosos y saludables, p.11